

Round Rock Stake Women's Weekend 2017
Class Title: **Let Us Go Up in Faith and Strength**

Description: Susan and Nancy will be sharing stories of dramatic transitions in their own lives, from which--and along with Elder Klebingat's October 2014 General Conference talk and various hymns--they will highlight principles that can be applied to anyone's unique situation. You'll be taking a self-discovery quiz (or two) as part of your ongoing exploration of how to gracefully navigate your own life's transitions with faith and strength; together, we'll support each other in progressing.

Scripture: 1 Nephi 4:1-2:

“And it came to pass that I spake unto my brethren, saying: Let us go up again unto Jerusalem, and let us be faithful in keeping the commandments of the Lord; for behold he is mightier than all the earth, then why not mightier than Laban and his fifty, yea, or even than his tens of thousands?”

“Therefore let us go up; let us be strong like unto Moses; for he truly spake unto the waters of the Red Sea and they divided hither and thither, and our fathers came through, out of captivity, on dry ground, and the armies of Pharaoh did follow and were drowned in the waters of the Red Sea.”

Hymns: #270 [“I'll Go Where You Want Me to Go”](#) and #131 [“More Holiness Give Me”](#), especially the line, “More fit for the kingdom.”

Conference Talk: Elder Jorg Klebingat, [“Approaching the Throne of God with Confidence”](#)

Further resources for knowing yourself better, increasing your confidence, fulfilling your purposes, and experiencing joy:

Your **patriarchal blessing** and other **priesthood blessings**! Let's always fully live according to our privileges as daughters of God within the restored Church and priesthood!

We have used [Susan Cain's](#) Introvert/Extrovert [Quiz](#) to begin our class and to offer greater insights into how you might experience transitions and what you can do to ease the discomfort they create, according to whether you are an I or an E. Her entire book, *Quiet: The Power of Introverts in a World That Can't Stop Talking*, is a gold mine of ideas on how to use the I/E framework to function more productively, especially in our roles as parents and teachers.

Life changing book on how to think about our potential and our motivations: [Mindset](#), by Carol Dweck, Ph.D. The ideas in this, if implemented, can make us better parents and teachers—and people just all around more encouraging of ourselves and others!

For a really thoughtful rubric and scoring tool of the possible levels of satisfaction across different aspects of your life, the Virtual Mentor Michael Hyatt offers a free, 10-minute [LifeScore Assessment](#). It's a useful way to see areas of your life that could use more attention, and his rubric actually describes the goals in detail (unlike a lot of rubrics, that delineate differences just using a lazy "always," "sometimes," or "never").

If you like a chipper, energetic, widely knowledgeable, and somewhat self-deprecating thought leader on happiness and habits, Gretchen Rubin is a bestselling author (of [The Happiness Project](#), [Happier at Home](#), [Better than Before](#), and the upcoming *Four Tendencies*) and podcast host (with her sister). The [Four Tendencies](#) framework (take the quiz!) that she developed is a powerful tool for understanding how you approach good habit formation and how you can play to your personal strengths in adding to and subtracting from your life those things that will ease your life's transitions and bring you greater joy. Susan finds Gretchen's tone annoying; Nancy loves to read and listen to Gretchen. To each her own!

We've all heard that it takes 21 days to establish a habit, but three weeks of practice doesn't always seem to deeply root a desired new pattern in our lives. We also know that some stubborn bad habits can take far longer than 21 days to abolish. In fact, depending on our personality, pattern-development tendencies, and the habit itself, it can take months sometimes to establish a desired new habit, and solid, more recent studies suggest that a 66-day process is required for new habit formation. [Charles Duhigg](#) has reported on this topic. Remember to encourage yourself and be patient as you determine to practice daily what you want to bring into your life!

Nancy resists boxing herself into a tidy spot with a single label, and she doesn't like doing that to other people. It can, however, be useful and validating to identify our strengths and challenges within a widely recognizable naming/explaining system and see how those can be put to good use and combined with others' qualities. There are many personality tests available; as part of her recent job search, Nancy has taken quite a few of them. The one she felt was most accurate to and expressive of her knowledge of herself: the [Humanmetrics Jung Typology Test](#). (She's an INFJ; what are you?!)

Opening: Upon entering the RS room, complete and self-score Susan Cain's Introvert/Extrovert **Quiz**

Welcome and brief explanation of quiz (Nancy)

Susan's Stories:

1. Journey with Nancy to her freshman year of college
 - Principle: prepare—be brave—keep going!
 - Tools: prayer—trust—experience/action
 - Benefits: one adventure may start with another
 - Quote from Elder Klebingat: "Accept trials, setbacks, and surprises as part of your experience."

2. Going back to college at age 40
 - Principle: education and learning are always good
 - Tools: prayer—organization—focus on family, when together—study!
 - Benefits: balm to soul—children's and own greater self-sufficiency—job!
 - Quote from Elder Klebingat: "Make the Church and the restored Gospel your whole life, not just a part of your outward or social life."

3. Retirement plan (intended): a farm in Missouri
 - Principle: trust the Lord
 - Tools: prayer—obedience—work—hope
 - Benefits: great personal strength
 - Quote from Elder Klebingat: "Embrace voluntary, wholehearted obedience as part of your life."

Nancy's Recent Transitions:

On board: List (too long!) of own points of **transition** in the past 15 months

Add to list on board: One- or two-word descriptions of sisters' own transitions

What do all these situations have in common?

Our greatest **discomfort** is at the liminal moments, but not quite as much in the ongoing challenges (when a new normal is established); dynamism means frequent transitions in all our lives.

How do we navigate these transitions and changes with **grace, faith, and strength**?

The answer is: **ACTION** through **healthy habits**!

Circle of **Being** (division of areas according to Michael Hyatt's framework):

- Spiritual: prayer, scripture study, church attendance, FHE and other programs
- Intellectual: reading, workshops, information, understanding
- Emotional: (according to I/E) talking, meditating, therapist
- Physical: EXERCISE (according to I/E!), game face on, nutrition!

Circle of **Relating**

- Marital: unity, dates, intimacy
- Parental: sympathy, connectivity, listening, serving
- Social: (according to I/E) friends and family, positivity, VTing

Circle of **Doing**

- Vocational: play to divine roles, strengths, and individual circumstances
- Avocational: do what delights you
- Financial: communication with spouse (if married), tithing, budget, plan

We encourage you to be **patient** with yourself but fiercely **determined** to keep **practicing!** And only take on about 7 new efforts at one time!

Close with Susan's testimony

Susan Cain's Introvert/Extrovert Quiz 2.25.17 Name: _____
Answer each question "true" or "false," choosing the answer that applies to you more often than not.

1. _____ I prefer one-on-one conversations to group activities.
2. _____ I often prefer to express myself in writing.
3. _____ I enjoy solitude.
4. _____ I seem to care less than my peers about wealth, fame, and status.
5. _____ I dislike small talk, but I enjoy talking in depth about topics that matter to me.
6. _____ People tell me that I'm a good listener.
7. _____ I'm not a big risk taker.
8. _____ I enjoy work that allows me to "dive in" with few interruptions.
9. _____ I like to celebrate birthdays on a small scale, with only a few close friends or family members.
10. _____ People describe me as "soft-spoken" or "mellow."
11. _____ I prefer not to show or discuss my work with others until it's finished.
12. _____ I dislike conflict.
13. _____ I do my best work on my own.
14. _____ I tend to think before I speak.
15. _____ I feel drained after being out and about, even if I've enjoyed myself.
16. _____ I often let calls go through to voice mail.
17. _____ If I had to choose, I'd prefer a weekend with absolutely nothing to do to one with too many things scheduled.
18. _____ I don't enjoy multitasking.
19. _____ I can concentrate easily.
20. _____ In classroom situations, I prefer lectures to seminars.